



DBHDD

### Special points of interest:

- DD Services Info
- Clothing Drive
- Magazine & Book Drive
- 2015 State Holidays
- Language Line Access
- Out & About
- What's in a Month

**"Cheers to a new year and another chance for us to get it right."**

**Oprah Winfrey**

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## Georgia Department of Behavioral Health & Developmental Disabilities

# ECRH Bulletin

VOLUME 11, ISSUE 12

DECEMBER 31, 2014

### East Central Regional Hospital

#### From the Desk of the Interim RHA - Dr. Vicky Spratlin



*The year in review...it is always amazing how quickly the last quarter of the year seems to fly by. When the thermometer is topping 100 degrees, it seems as though the summer will never end, then in the blink of an eye, you are looking back on an entire year.*

*2014 was certainly a year of drama and significant change. The first two months of the year brought significant weather events with the February "winter storm of the century" crippling the CSRA for several days. While I hope to never see another ice storm, the lessons learned are invaluable. We learned a great deal about our vulnerabilities and our strengths. I learned that we have a core of very dedicated staff on both campuses that spent one or more nights to make sure our individuals received the care they need. We also have a Commissioner who was able to deploy law enforcement and the National Guard to help make sure we had generators and trees cut down in order to restore power to the Gracewood Campus where heat is critical for our more fragile individuals. We also have a very clever COO who was able to tinker and bypass things in order to get heat restored. We also learned that there is no such thing as nonessential staff. Everyone who stayed or "showed up" was essential and appreciated.*

*2014 was also the year of the IJ. It seems as though we were in an IJ (Immediate Jeopardy) on the Gracewood Campus for almost the entire year. It took great strength, focus, and sacrifice to move from certain decertification to full compliance. In*

*(Continued on page 3)*

#### Tidbits of ECRH History

In the last issue of the ECRH BULLETIN, TIDBITS reported that Georgia Governor Carl Sanders broke ground for the construction of Georgia Regional Hospital (now ECRH Augusta Campus) on a cold, rainy day in November 1967. Why didn't the Governor wait for a nicer day for the groundbreaking? Because he was leaving office on December 31st and Lester Maddox was to be Governor beginning January 1st. So, if Governor Sanders wanted his name to be on the official plaque he had to get the groundbreaking done quickly.

The plaque with Governor Sanders name and the names of other dignitaries is mounted on the wall at the entrance to the Administration Building (#3) ECRH (Augusta Campus). The plaque is full of information. Take a look when you get a chance.

Happy New Year!

**Contributed by Brian Mulherin**

## New Employees



**Front Row (L-R):** Bridgett Brunson, LPN; Claudia Williams, HST; Carmen Bryant, HST; Reginald Jones, LPN

**Back Row (L-R):** Sylvia Reid, HST; Tiffany Beard, HST; Kahlia Adams, HST; Cecilia Bryant-Jones, CNA

**Front Row (L-R):** Antonio Polite, HST; Kim Natson, RN; Latrease Cooks, HST; Brittany Williams, HST

**Back Row (L-R):** Roschicka Williams, HST; Timothy Tolbert, HST; Demetria Smith, LPN; Teniqua Hampton, LPN



**Front Row (L-R):** Chivonne Davis, Housekeeper; Linda Witt, LPN; Kijafa Turner, RN; Larohanda Seymore, RN

**Back Row (L-R):** Shantel Jones, Activity Therapist; Jennifer Toole, RN; Yatasha Wiley, CNA; Janice Blakley, Vocational Consultant



**(L-R):** Nancy McFerrin, Dental Worker; Catorry Smith, Custodial Services Worker; Joycelyn Johnson, Housekeeper



# Welcome!

## **From the Desk of the Interim RHA - Dr. Vicky Spratlin**

*(Continued from page 1)*

*our struggles with CMS compliance, we lost a great leader. Nan Lewis, who had done a tremendous job in leading ECRH toward a path of recovery as an institution, resigned so that the institution had a chance to satisfy CMS' need to see a "change in leadership." It is always the good people who end up sacrificing their careers or themselves for the common good. ECRH owes her a debt of gratitude which will never be repaid.*

*We also had several significant retirements including Dona Brown from Legal Services, Judy Griffith from Medical Records, Fredericka Murray from Social Services, and Lynne Jones from Outpatient Forensics. It seems as though the history of ECRH is leaving us. We are facing even more retirements of key personnel in 2015.*

*Among the many changes occurring at ECRH is the reorganization of the Gracewood Campus. Things are very different. First, we have an Associate RHA for Gracewood. That position is currently being filled by Matt McCue on an interim basis. In short, he's great, and has had a significant impact. We have added two Risk Management techs, as well as two Quality Management techs, who will only cover the Gracewood Campus. We have Unit Managers, a Residential Director, a Program Director, and will be bolstering Psychology Services. Additional changes in 2014 include the loss of Julie Steinbeck to OIMI. Then, Teresa Crouch took her place, so now there is no Assistant to the RHA. Deloris Grant is now one of the IM techs, so there is no Assistant to the Associate RHA for Gracewood. It seems as though we need assistance with our assistants.*

*We also lost our Risk Manager to West Central Regional, but gained a new Director of HR. Doug Fine is very dedicated to making a change at ECRH. Part of that change is the "Culture Change" initiative, of which Ms. Lewis was a big part. It has stalled, but will rise from the ashes in 2015. We will also move forward with town hall presentations on culture change and how leadership needs to take up the challenge of making ECRH a place of honor and commitment.*

*The biggest change for me has been serving as the Interim RHA since Ms. Lewis' departure. It has been a very rewarding challenge. I have enjoyed working more closely with people I only knew by name. I have also enjoyed working more closely with our leaders at DBHDD. I expect the first quarter of 2015 will see the hire of a new RHA, so I would like to take this opportunity to thank everyone who has been supportive of my tenure and patient with my learning curve.*

*I truly hope everyone had a great holiday and has a safe and Happy New Year's. I look forward to the positive changes 2015 will bring. Hopefully they will come in a little less dramatic fashion.*


*Sincerely,  
Dr. Vicky Spratlin*




## HR Partners - Problem-Solving Communications (Chain-of-Command)

Employees should always attempt to communicate with their direct supervisor on any job-related issues or concerns that arise. Supervisors are responsible for listening to employees about issue(s) brought to their attention and responding to concerns and questions in a timely manner. Issues that should be brought to your supervisor's attention can include things that may prevent you from meeting the requirements of your job, things that may prevent you from following policy, and concerns you may have about how individuals are being treated or cared for. **In all cases, incidents of alleged abuse, neglect, or exploitation of our individuals must be reported immediately.** If you do not receive a timely response from your supervisor or you are not satisfied with the response received, you should discuss your concern with your supervisor's manager. You may request a meeting with your executive team member if you desire. Your Human Resources Management Department is also available to discuss workplace concerns or answer any questions you might have about policies and practices. The message here is we want to inform our employees that the first place to report workplace concerns or problems is here, locally, at the hospital. Employees may contact anyone in their chain-of-command directly if they feel they must. The Executive Team would much rather employees inform them directly about concerns than hearing about them from sources outside of the hospital. They would like to be given the opportunity to respond to employee complaints or concerns first. No one can or will ever be prevented from reporting anything to the DBHDD State Office in Atlanta (2 Peachtree) or any other outside agency. The state office will most often relay the complaint or concern back to the hospital for resolution.

If you have any questions about this information please don't hesitate to contact Doug Fine, Human Resources Management, at 706-792-7177.





## Employee LifeWork Solution Program

## Addiction

In many cases, addiction starts as a recreational or social activity before it escalates to an addiction. By the time it becomes an addiction, the devastating consequences become a reality for both the person suffering the addiction as well as the people surrounding him/her, often including family, friends, and coworkers.

**What is an addiction?**  
Addiction is a primary, chronic disease that changes both brain structure and functions and involves intense craving for something, loss of control over its use, and continuing involvement with it despite the negative consequences. Addiction creates a complex set of behavioral, cognitive, and emotional changes that impair perceptions, compromises the person's ability to deal with feelings, and damages healthy social support systems. The individual who is addicted often attributes the problems they are having to other causes rather than being a predictable result of addiction. They have diminished capacity to recognize the significant problems that the addiction is creating and the impact it is having on them and their relationships. Addiction remains a significant problem with 1 in 10 Americans addicted to alcohol or other drugs. In addition to alcohol, some of the more commonly abused drugs include marijuana, opioid (narcotic) pain relievers and cocaine. While people may generally associate addiction with substance abuse, studies have shown it can involve other pleasurable activities, including gambling, sex, shopping, among others.

**What are some symptoms of addiction?**  
Determining whether you have an addiction isn't always completely straightforward. A good place to start is by asking yourself if any of the following addiction symptoms/behaviors apply to you:



- Do you feel that you have to use the drug or engage in the behavior regularly?
- Do you fail in your attempts to stop using the substance or engaging in the behavior?
- Do you ensure that you always have a supply of the substance or can engage in the behavior?


- Do you spend money on the substance or behavior, even though you can't afford it?
- Do you do things to get the substance or behavior that you normally wouldn't do, such as stealing?
- Do you feel that you need the drug or engage in the behavior to deal with your problems?
- Do you drive or do other risky activities when you're under the influence of the substance?
- Do you focus more and more time and energy on getting and using the drug or engaging in the behavior?


**What is the treatment?**  
Clinical interventions can be quite effective in changing the course of addiction and generally involves treating the whole person rather than just the addiction. Treatment may include a combination of medication and behavioral therapies, or other types of therapy and often includes peer or mutual support found in "self-help" activities. Recovery is possible when the addiction is actively managed to reduce the frequency and intensity of relapses, sustain periods of abstinence and enhance personal functioning.

Consider talking with a healthcare provider for further evaluation and guidance if you are concerned about your own possible addiction or the behavior of others. You may call the phone number listed below for confidential assistance with finding someone to talk to.

**SOURCES:**  
[mayoclinic.org](http://mayoclinic.org)  
[drugabuse.gov](http://drugabuse.gov)  
[asam.org](http://asam.org)

 [www.apsshelpink.com](http://www.apsshelpink.com)  
 1-800-293-0851

 **Company Code: GEORGIADBDD**



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## DD Services

### ECRH Incident Management Hotline Procedure

The purpose of this Hotline is to establish an alternate means of reporting incidents in a timely manner. The Hotline is to be utilized by any employee, contractor, family member, visitor and volunteer that may feel uncomfortable reporting an incident or allegation of abuse, exploitation or neglect in person. This is an alternate reporting system and by no means will it replace the current protocol outlined in the Incident Management Policy.

**Hotline Number:**  
**(706) 945-7150**



#### PRIDE IN PLACE - It Starts with Me

"If you change the way you look at things,  
the things you look at change." - Wayne Dyer

#### Our Role in Protecting Our Individuals from Harm

Be  
Proactive

- **Protect**
- **Prevent**

Be  
Reactive

- **Intervene**
- **Protect**
- **Report**

Be  
Cooperative

- **Document**
- **Investigate**
- **Protect**



**Remember!**

**On the Gracewood Campus only, when on the living areas, a mask will be worn by **EVERYONE** (Investigators, Security, Plant Ops, Environmental Services, PAs, Dietary, Visitors, Staff....) who did not receive the Flu shot.**

## **Safety Shop - Reminders for Your Winter "Ready Kit"**

### **Checklists of What You Need**

#### **Communication Checklist**

Make sure you have at least one of the following in case there is a power failure:

- Cell phone, portable charger, and extra batteries.
- Battery-powered radio, with extra batteries, for listening to local emergency instructions
- ♦ National Oceanic and Atmospheric Administration (NOAA) weather radio receiver for listening to National Weather Service broadcasts. Learn more about [NOAA Weather Radio All Hazards](#).

Be sure to check on older neighbors and family members; assist as necessary.



#### **Heating Checklist**

Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:

- Extra blankets, sleeping bags, and warm winter coats
- Fireplace with plenty of dry firewood or a gas log fireplace
- Portable space heaters or kerosene heaters

**Use electric space heaters with automatic shut-off switches and non-glowing elements.**

**Never place a space heater on top of furniture or near water.**

**Never leave children unattended near a space heater.**

**Keep heat sources at least 3 feet away from furniture and drapes.**

Have the following safety equipment:

- Chemical fire extinguisher
- Smoke alarm in working order (Check prior to winter storm season and change batteries, if needed.)
- Carbon monoxide detector (Check prior to winter storm season and change batteries, if needed.)

**Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning.**

**Do not use the generator or appliances if they are wet.**

**Do not store gasoline indoors where the fumes could ignite.**

**Use individual heavy-duty, outdoor-rated cords to plug in other appliances.**

#### **Cooking and Lighting Checklist**

Use battery-powered flashlights or lanterns.

Use outdoor solar lights inside at night.

*(Continued on page 7)*

## **Safety Shop - Reminders for Your Winter "Ready Kit"**

*(Continued from page 6)*

Never use charcoal grills or portable gas camp stoves indoors. The fumes are deadly.

Avoid using candles as these can lead to house fires.

If you do use candles, never leave lit candles alone.

**How to keep food safe in a power outage:** [http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT\\_Index](http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index)

### **Food and Safety Checklist**

Have a week's worth of food and safety supplies. If you live far from other people, have more supplies on hand. Make sure you have the following supplies:

- Drinking water
- Canned/no-cook food (bread, crackers, dried fruits)
- Manual can opener
- Baby food and formula (if baby in the household)
- Prescription drugs and other medicine
- First-aid kit
- Rock-salt to melt ice on walkways
- Supply of cat litter or bag of sand to add traction on walkways
- Flashlight and extra batteries
- Battery-powered lamps or lanterns  
(To prevent the risk of fire, avoid using candles.)

### **Water Checklist**

- Keep a water supply. Extreme cold can cause water pipes in your home to freeze and sometimes break.
- Leave all water taps slightly open so they drip continuously.
- Keep the indoor temperature warm.
- Allow more heated air near pipes. Open kitchen cabinet doors under the kitchen sink.
- If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer.
- If you cannot thaw your pipes, or if the pipes have broken open, use bottled water or get water from a neighbor's home.
- Fill the bathtub or have bottled water on hand.
- In an emergency, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in

## **Safety Shop - Reminders for Your Winter "Ready Kit"**

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*(Continued from page 7)*

snow.

### **Car and Emergency Checklist**

Minimize travel, but if travel is necessary, keep the following in your vehicle:

- Cell phone, portable charger, and extra batteries
- Shovel
- Windshield scraper
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water
- Snack food
- Extra hats, coats, and mittens
- Blankets
- Chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Road salt and sand
- Booster cables
- Emergency flares
- Bright colored flag or help signs
- First aid kit
- Tool kit
- Paper towels

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management, please contact Jennifer Sosebee, Safety Manager, at 706-790-2400/2401 or by e-mail at [jgsosebee@dhr.state.ga.us](mailto:jgsosebee@dhr.state.ga.us).

**HELP ME HELP YOU make ECRH a safe place for our individuals, visitors, and staff.**



## Infection Control - Listeriosis

### Multistate Outbreak of Listeriosis Linked to Commercially Produced, Prepackaged Caramel Apples

CDC is collaborating with public health officials in several states and with the U.S. Food and Drug Administration (FDA) to investigate an outbreak of *Listeria monocytogenes* infections (listeriosis) linked to commercially produced, prepackaged caramel apples. *Listeria* can cause a serious, life-threatening illness.



The information CDC has at this time indicates that commercially produced, prepackaged caramel apples may be contaminated with *Listeria* and may be causing this outbreak.

- Out of an abundance of caution, CDC recommends that U.S. consumers do not eat any commercially produced, prepackaged caramel apples, including plain caramel apples as well as those containing nuts, sprinkles, chocolate, or other toppings, until more specific guidance can be provided.
- Although caramel apples are often a fall seasonal product, contaminated commercially produced, prepackaged caramel apples may still be for sale at grocery stores and other retailers nationwide or may be in consumers' homes.
- This investigation is rapidly evolving. New information will be provided as it becomes available.

As of December 18, 2014, a total of 28 people infected with the outbreak strains of *Listeria monocytogenes* have been reported from 10 states.

- 26 ill people have been hospitalized. Among the 26 people hospitalized, five deaths have been reported. Listeriosis contributed to at least four of these deaths.
- Nine illnesses were pregnancy-related (occurred in a pregnant woman or her newborn infant).
- Three invasive illnesses (meningitis) were among otherwise healthy children aged 5–15 years.
- To date, 15 (83%) of the 18 ill people interviewed reported eating commercially produced, prepackaged caramel apples before becoming ill.
- At this time, no illnesses related to this outbreak have been linked to apples that are not caramel-coated and not prepackaged or to caramel candy.

Investigators are working quickly to determine specific brands or types of commercially produced, prepackaged caramel apples that may be linked to illnesses and to identify the source of contamination.

For more info <http://www.cdc.gov/listeria/outbreaks/caramel-apples-12-14/index.html>.

## Occupation Health - Seasonal Depression

Seasonal affective disorder (SAD) is a type of depression that is tied to seasons of the year. Most people with SAD are depressed only during the late fall and winter (sometimes called the "winter blues") and not during the spring or summer. A small number, however, are depressed only during the late spring and summer. SAD is most common in young adult women, although it can affect men or women of any age. Another 10-20% of people may have a milder form of seasonal mood change. Like all types of depression, SAD can have a devastating effect on a person's life. Fortunately, almost all people with SAD can be helped with available therapies.



**Causes:** The exact causes of seasonal affective disorder (SAD) are unknown. Chemical changes in the brain caused by changes in the amount of sunlight are probably involved. People who live in geographical locations that are dark or cloudy during the winter are most likely to have SAD. A tendency to have SAD may run in some families.

**Symptoms:** Seasonal affective disorder (SAD) may have some of the same symptoms as other types of depression. Most people have only some of these symptoms, not all. Examples: depressed mood, loss of interest in usually enjoyable activities, fatigue or loss of energy, feelings of worthlessness or hopelessness, poor concentration, indecisiveness, and recurrent thoughts of death or suicide.

**Winter SAD:** Sleeping more than usual, Craving for sugar, starchy foods, or alcohol, Weight gain, Irritability, Conflicts with other people, Heaviness of arms and legs, and Behavior disturbances (in children). People with winter SAD may seek out light places or sunlight, or like to have lots of artificial lights on. **Summer SAD:** Insomnia, Poor appetite, Weight loss, Agitation, and Anxiety.

The symptoms of SAD come back every year, and for any specific person, they tend to come and go at about the same time each year.

**When to Seek Medical Care:** Seek when you have feelings of extreme sadness, hopelessness, or emptiness, inability to get out of bed or carry on normal activities, persistent loss of energy or increased need for sleep, unexplained change in appetite for food, changes in behavior that cause problems with family, friends, or work, and feelings of wanting to die, wanting to commit suicide, or hurting yourself. There are no tests available to detect seasonal affective disorder. Your health care provider will make the diagnosis from your symptoms, medical interview, and examination.



**Self-Care at Home:** You can spend at least 30 minutes outside every day, set a timer on a light to go on early in the morning in the bedroom, use a dawn simulator for a more naturalistic artificial dawn, take daily walks outside, and Increase indoor lighting with regular lamps and fixtures.

**Medical Treatment:** Bright-light therapy: This is exposure to bright artificial light, brighter than usual home or office lighting. Bright-light therapy relieves symptoms for about two thirds of people with seasonal affective disorder. Bright-light therapy products are available for sale and range in cost from \$200-500. Only devices that filter out harmful ultraviolet waves should be used. Types of devices include light panels or boxes, blankets, and visors. The bright-light source should be placed at eye level. Although staring at the light source is not recommended, the light must enter the eyes if it is to work. An approved bright-light therapy device should not harm the eyes if used as recommended. About 30 minutes of exposure to 10,000 lux each day is enough to relieve symptoms in most people. Others require greater exposure, as long as 45 minutes twice a day. You may need some trial and error to find the right amount. Your health care provider will guide you. Properly used, bright-light therapy has few side effects. A few people have reported eyestrain, headache, fatigue, irritability, sensitivity to light, or inability to sleep (only if therapy is used late in the day). Certain medications make you more sensitive to light. If you are taking any of these, you cannot use light therapy. Be sure to inform your health care provider of all the medications you are taking, including nonprescription medications and dietary supplements. Tanning beds should not be used for bright-light therapy as they do not filter out harmful ultraviolet waves. You may notice improvement in symptoms within a few days, or it may take as long as 3-4 weeks after starting therapy

*(Continued on page 11)*

## **Occupation Health - Seasonal Depression**

*(Continued from page 10)*

**Medications:** Antidepressant medications are useful for people who need further treatment because their symptoms improve only slightly or not at all with bright-light therapy. Most of these people are treated with antidepressant medication. The medications used most frequently are the selective serotonin reuptake inhibitors, or SSRIs (for example, Prozac and Zoloft). These agents may take 2-4 weeks to improve symptoms. Unwanted side effects depend on which medication is used. Your health care provider can tell you about side effects. Do not stop your medication abruptly. Stop or change dose only after consulting your health care provider.

**Other Therapy:** St. John's wort: It is unclear whether this herb will improve some of the symptoms of seasonal affective disorder (SAD), but it increases sensitivity to light, which may rule out bright-light therapy. Researchers are still looking at whether this treatment is appropriate for people with SAD.

**Follow-up:** Learn as much as you can about seasonal affective disorder (SAD). Do not feel guilty—understand that SAD is caused by a chemical abnormality that you have little control over. Explore support groups to help you cope with the disorder. Follow the treatment recommendations of your health care provider.

**Prevention:** Spending at least 30 minutes outdoors every day may help prevent seasonal affective disorder (SAD). Approach the season of depression with a positive attitude; plan activities you enjoy. Try to spend time outdoors every day, especially during the months when SAD affects you most. Midday, when the light is strongest, is the best time to be outdoors. Physical activities, such as walking, may also help relieve symptoms.



**Outlook:** If left untreated, seasonal affective disorder can become more severe. Severe depression can cause damage to physical and mental health, relationships with others, job effectiveness, and enjoyment of life. Very severe depression can cause a person to commit suicide or other self-harm.

**Support Groups and Counseling:** Counseling may be necessary to help you cope with fear or guilt about seasonal affective disorder (SAD). It may help you relax, accept the disorder, and cope with the limits SAD puts on you. Complementary activities such as meditation, relaxation, and aerobic exercise may have similar effects.

*Information Taken From: EmedicineHealth.com*

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## **Congratulations!**

Congratulations to Vilma "Maggie" Koontz for earning her Georgia license to practice independently as a Licensed Professional Counselor (LPC) !

In order to be an LPC, the State of Georgia requires: 1) at least a master's degree in counseling or in a program that is primarily counseling in content from a recognized educational institution; 2) an internship or practicum supervised either by a board approved supervisor; and 3) at least three additional years of post-master's directed experience providing counseling services in a rehabilitation setting under board approved supervision.

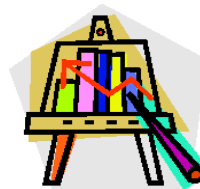
Maggie has worked very hard for the past several years to achieve this accomplishment. She continues to provide excellent counseling services to the individuals of ECRH.

**Maggie, we all are so proud of you !**

## The Quality Corner - News & Information From Quality Management



# HAPPY NEW YEAR!



Lisa Montano, Breea Griffin, Stacy Hughes, Del Emory, Andy Bruner, Atira Cotman, Amber Franklin-Lacey, and Michael Scharff wish everyone at ECRH a Happy and Healthy New Year!

### 2015 Joint Commission National Patient Safety Goals

Below please find the new poster for 2015. This poster is available from Quality Management. **The poster should be displayed in all patient care areas in a prominent place where staff can readily access the information.** Please contact Michael Scharff in Quality Management at 2094 or at MichaelScharff@dbhdd.ga.gov to request copies for your area.



#### Modified National Patient Safety Goals Effective January 1, 2015

Appropriate Standard Sets are abbreviated as follows:

HAP = Hospital/BHC = Behavior Health Care/LTC = Long Term Care/Lab = Laboratory



#### Ⓢ: Improve the accuracy of patient identification.

- Use at least two ways to identify patients. For example, use the patient's name and picture. Do this to make sure that the patient gets the medicine and treatment meant for them.
- Label containers used for blood and other specimens in the presence of the patient.

HAP/BHC/LTC/Lab

#### Ⓢ: Improve the effectiveness of communication among caregivers.



- Report critical results of tests and diagnostic procedures on a timely basis.

HAP/Lab

#### Ⓢ: Improve the safety of using medications

- Label all medications, medication containers, and other solutions on and off the sterile field in perioperative and other procedural settings (Note: medication containers include syringes, medicine cups, and basins). **Specifically for our Dental Clinic.** HAP/Lab
- Maintain and communicate accurate patient medication information:  
Obtain information on the medications the patient is currently taking upon admission. Compare the medication information the patient brought to the hospital with the medications order by the hospital in order to identify and resolve discrepancies. Provide the patient (or family as needed) with written information on the medications the patient should be taking when he or she is discharged from the hospital. Explain the importance of managing medication information to the patient when he or she is discharged from the hospital.

HAP/BHC/LTC

#### Ⓢ: Reduce the risk of healthcare-associated infections.



- Comply with hand cleaning guidelines.
- Use alcohol-based hand wash or soap and water.
- Wash hands for 20 seconds
- Do NOT use alcohol-based hand sanitizer for C-diff consumers
- Sanitize hands before and after procedures, medications, consumer contact.

HAP/BHC/LTC/Lab

#### Ⓢ: Reduce the risk of resident harm resulting from falls.

Find out which consumers are most likely to fall. For example, is the consumer taking any medicines that might make them weak, dizzy, or sleepy? Take action to prevent falls for these patients. LTC

#### Ⓢ: Prevent health care-associated pressure ulcers. LTC

#### Ⓢ: The hospital identifies safety risk inherent in it's patient population

Identify safety risks inherent in our consumer population, especially:

- Those at risk for suicide HAP/BHC



## Language Line Services

ECRH's Language Access Coordinator is Lisa Kuglar. The LAC ensures that both language and sensory impairment needs of the consumers and families of East Central Regional Hospital are addressed. Did you know that Spanish is the second most spoken language in the United States? East Central Regional Hospital has two certified staff that speak Spanish. The hospital contracts with Latin American Translators Network, Inc. (LATN) for interpreting services for both language and sensory impairment needs.

If you have a consumer or family that needs interpreting services please notify the Language Access Coordinator, Lisa Kuglar, at 706-792-7140 for assistance. After hours, contact the Admitting/Receiving staff at 706-792-7006 so that arrangements can be made for interpreting. You can also e-mail Lisa Kuglar at [Lisa.Kuglar@dbhdd.ga.gov](mailto:Lisa.Kuglar@dbhdd.ga.gov).

The Notice of Free Interpretation Services should be posted in all public and consumer areas. Language Line services may be used in emergency cases or when you have an immediate need for interpreting. To access the language line, follow the instructions below:

### **When receiving a call:**

1. Tell the Limited English speaker to please hold.
2. Press the "Tap" button on the phone.
3. Dial 9-1- (866) 874-3972.
4. Enter on the telephone keypad or provide to the representative the 6 digit Client ID below:
  - \* 6-digit Client ID: **5 1 3 3 0 8**
  - \* Press 1 for Spanish
  - \* Press 2 for all other Languages (Speak the name of the language at the prompt) an interpreter will be connected to the call.

***You may press 0 or stay on the line for assistance.***

5. Brief the Interpreter. Summarize what you wish to accomplish and give any special instructions.
6. Press "Tap" button to connect the Limited English speaker.

### **When placing a call to a Limited English speaker, begin at Step 2 above.**

### **When a Limited English speaking person is present in the workplace:**

1. Use the Gold Language Identification Card showing the geographical region where you believe the limited speaker may come from. The message underneath each language says: "Point to your language. An Interpreter will be called. The interpreter is provided at no cost to you."
2. Refer to the Quick Reference Guide to access an interpreter through Language Line Services.
3. If unable to identify the language, the representative will help you.

**For more information you may visit the Language Line Services website at [www.language.com](http://www.language.com).**

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## Congratulations!

**Mariah Moran, Social Worker in Admissions, evening shift, passed her Licensed Clinical Social Worker exam. She now joins the ranks of LCSW'S .**

**Congratulations, Mariah, we are all proud of you !**



## Pharmacy Update



### **"Pharmacy for Nurses" Class**

**All nurses are encouraged to attend the  
"Pharmacy for Nurses" class:**



**Gracewood Campus - Building 103B:**

**during Nursing Orientation**

**January 2, 2015**

**1:30pm – 2:30pm**

**Please contact Casandra Roberts  
in the Pharmacy for more information (ext. 2496)**

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### **HOLIDAY PHARMACY SCHEDULE**

**The Pharmacy Hours for  
New Year's Day  
will be  
9:00 am to 1:00 pm  
(For emergencies only)**

**All Floor Stock Requests and Refill Requests must be submitted no later than 11:00 am on Wednesday December 31st.**

**HAPPY NEW YEAR FROM THE ECRH PHARMACY STAFF!!**



## **Training at a Glance - January 2015**

<b>Class</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>
NEO Principles of Recovery	1/2/2015	9:30 a.m.-10:30 a.m.	BLDG 103-C C-23
NEO EMR Nursing	1/2/2015	8:00 am.-1:30 p.m.	BLDG 103-C Room C-18
NEO PBS Training	1/2/2015	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
Updated PNS Professional	1/2/2015	9:00 a.m.-11:00 a.m.	BLDG 103-C C-23
Ostomy DD Services	1/2/2015	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO Infection Control and Preven- tion+Handwashing	1/5/2015	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
Ostomy DD Services	1/5/2015	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
CPRA	1/5/2015	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	1/5/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
Safety Care Level #1	1/5/2015	8:00 a.m.-2:30 p.m.	BLDG 99F
NEO PBS Training	1/5/2015	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
Ostomy DD Services	1/62015	12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated PNS End User	1/6/2015	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
NEO Safety Care Level #1	1/6/2015	8:00 a.m.-2:30 p.m.	BLDG 99F
NEO Safety Care Level #2	1/6/2015 1/7/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
CPRC	1/7/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
MH-Updated Incident Management	1/7/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS Professional	1/7/2015	1:00 p.m.-3:00 p.m.	BLDG 103-D E&R
NEO CPRA	1/8/2015	8:00 a.m.-11:30 a.m.	BLDG 103-D E&R
NEO CPRC	1/8/2015	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO First Aid	1/8/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	1/8/2015	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Ostomy DD Services	1/82015	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2`	1/8/2015 1/9/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
First Aid	1/9/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23

## **Training at a Glance - January 2015**

<b>Class</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>
NEO DD-Incident Management	1/9/2015	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Medical Emergency Response System	1/9/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS End User	1/9/2015	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2 (Weekend)	1/10/2015 1/11/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	1/12/2015	8:00 a.m.-10:30 a.m.	BLDG 103-C Room C-23
NEO Seclusion and Restraint	1/12/2015	1:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Ostomy DD Services	1/12/2015	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated PNS Professional	1/12/2015	1:00 p.m.-3:00 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2	1/12/2015 1/13/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Therapeutic Incentive Program	1/13/2015	8:30 a.m.-10:00 a.m.	BLDG 103-C Room C-23
NEO Seizure Management	1/13/2015	10:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	1/13/2015	8:00 a.m.-11:30 a.m.	BLDG 103-C Lab
Ostomy DD Services	1/13/2015	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Safety Care Level #2	1/13/2015 1/14/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99B
NEO PNS Professional	1/14/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room Lab
NEO PNS End User	1/14/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care Level #2	1/14/2015 1/15/2015	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
CPRC	1/15/2015	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
First Aid	1/15/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R

**Safety Care classes will be as follows:**

**Safety Care Level #2- 16 hours**

**Updated Safety Care Level #2- 12 hours**

**Safety Care Level # 1- 6 hours**

**Updated Safety Care Level #1- 6 hours**

## REMINDER FROM THE IM DEPARTMENT: REPORT NEGLECT!!

WHAT IS NEGLECT?

### A11-Alleged Neglect:

Failure by an employee to provide care or service, for physical or mental health needs, protection from health and safety hazards, or prevention of malnutrition or dehydration.

#### Examples of care or service:

- Personal hygiene, food, shelter, clothing, medical care for physical or mental health needs

### Examples of situations

#### that may constitute Neglect:

- Failure to provide treatment/level of services, care, or medical treatment
- Failure to follow a BSP
- Failure to address complaints of the individual
- Failure to provide a special level of observation as ordered by a physician
- Failure to notice an individual's condition and take appropriate actions, based upon the staff person's scope of training/expertise

Do you recognize  
neglect?

\*\*\*\* REMEMBER \*\*\*\*

- ✓ **Take immediate and appropriate action to protect the individual** in instances of Abuse, Neglect, Exploitation
- ✓ **Intervene to STOP** the abusive or neglectful act!
- ✓ **REPORT! - WHEN IN DOUBT - REPORT ANYWAY!**

HAPPY NEW YEAR  
from the  
IM Staff

We are currently seeking donations of soft-cover books and magazines to re-stock our Library in Building #9. Magazines should be without staples and should be 2012 or newer. Books can be dropped off at Room #17 in the Work Therapy building on the Augusta Campus.



230 8th Street

Augusta, Georgia 30901

Open Wed & Friday 8:00 a.m.-8:00 p.m.

Tuesday, Thursday & Saturday 8:00 a.m.-9:00 p.m.

706-364-2518

## Clothing drive for

EAST CENTRAL  
REGIONAL HOSPITAL  
Augusta Campus

We are always accepting donations for our Apparel and this holiday season a local business has also volunteered to help us re-stock our seasonal clothing.

Donated clothing will be utilized to re-stock the on-campus Apparel Shop with seasonal clothing. This Apparel Shop currently operates through donations and provides clothing to adult individuals in need at no cost. Your donation of gently used or new clothing is greatly appreciated.

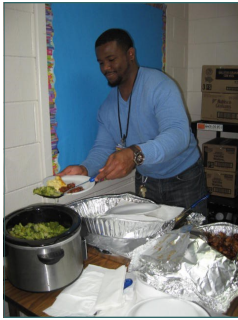
### Current seasonal needs for adults include:

- Coats, sweaters, jackets
- Long-sleeved shirts
- Men's pants
- Shoes
- Bras
- Medium, Large, and XL sizes

Clothing should be free of strings and metals.



## Out & About



## Phoenix Center Luncheon



## U.S. Battery Gifts



## Admin. Bldg. Luncheon



## Out & About



## Augusta Campus Christmas Social



## Augusta Campus Christmas Ball



## Camellia Unit Parties

## January Birthdays

January 1	Joanne H. Brown Audrey Duffy Harden Kathy L. McCoy	January 11	Kendra D. Williams
January 2	Takera K. Evans Janar M. Quiller Alexis Avante Sanders-Harvey	January 12	Selena D. Bush Horacio D. Edwards
January 3	Brian Neil Apple Tommy L. Dougherty Erin M. East Brenda Lee Fedrick Runesha Sahnice Holmes Ki'undra S. Jeffers Melanie J. Matthews Julie F. Thomas	January 13	Michael G. Green, Jr. Naomi L. Hawkins Lawrence J. Lewis Daniel J. Neller Bridgette Nichole Thompson
January 4	Kondra V. Selvie Eric Alfonza Turner Michaela Watkins	January 14	Gemmot Kendall Cox Stephanie M. Wynn
January 5	Aaliyah L. Jackson Jakiyah L. Jackson Jarius L. Smith Rosemary W. Villemain Bonita Wilson	January 15	Debra A. Claiborne Gail D. Evans Aljarnnorn L. Herrington Troy L. Jones Tracy Ellen Lee Courtney Latrice Mickens Pauline B. Pacheco
January 6	Aytiya Scott Sonya D. Tutt	January 16	Barbara Garnett
January 7	Patricia A. Gant Charles F. Simpkins Charlesetta S. Walker	January 17	Jonathan Brannon Veronica Shanill Harris La'Kisha D. Henderson Caprice Chantel Kipp
January 8	Delphenia N. Emory Nechelle V. Merriweather Deantione D. Thomas	January 18	Stephen R. Cartin Anjanu L.S. Castleberry Lakeesha O. Gould Rhonda Huff Chandelier Michelle Walls
January 9	Adrian F. Clifford Renate S. Nail Natasha R. Reid James Adam Taylor	January 19	Kendra M. Griffin Keith R. Isaacs-Cambridge
January 10	Wilhemina Anthony	January 21	Evelene W. Flowers
January 11	Sandra P. Johnson Latoya M. Mitchell Johnnie M. Simmons Ruel S. Trimmingham	January 22	Ingrid C. Barker Tiffany D. Churchwell Albani T. Formey Lois Jane Gulley
		January 23	Tanasha J. Bunch Eugene Fleming III Sasha M. Freeman George E. Holland Valerie Jean Ross

## More December Birthdays

January 23	Felicia R. Walker
January 24	Lynda L. Benefield Catherine Arlene Ganzy Sonja Denise Smith
January 25	Janet D. Washington Kiamesha S. Williams
January 26	Jewell A. Beard Catrina L. Coston Jenelle Kimesha Harris Jacqueline E. Lewis
January 27	Castara Lavelle Garnett Sharonda Elaine Logan Ricky L. Mitchell, Jr. Mary J. Shuster Yvonne Singleton
January 28	Mary L. Lambert Teiaira K. Lawrence Laura R. Shields Marcus C. Trimmingham
January 29	Derrick A. Elam
January 30	Joel P. Lambert Julian T. Moffett, Sr. Jovan K. Pooser Phyllis C. Zimmerman
January 31	Rachel A. Cowley Joyce Johnson Ivey Madgelyn G. Polk Brandon L. Singleton



STATE OF GEORGIA  
OFFICE OF THE GOVERNOR  
ATLANTA 30334-0090

Nathan Deal  
GOVERNOR

July 28, 2014

TO: State Department Heads and Other Officials  
FROM: Governor Nathan Deal *NE*  
RE: 2015 State Holidays

The following is the list of state holidays when the Capitol and state agencies will be closed in 2015:

New Year's Day	Thursday, January 1
Robert E. Lee's Birthday	January 19 - will be observed on Friday, November 27
Martin Luther King, Jr.'s Birthday	Monday, January 19
Washington's Birthday	February 16 - will be observed on Thursday, December 24
Confederate Memorial Day	April 26 - will be observed on Monday, April 27
Memorial Day	Monday, May 25
Independence Day	July 4 - will be observed on Friday, July 3
Labor Day	Monday, September 7
Columbus Day	Monday, October 12
Veterans Day	Wednesday, November 11
Thanksgiving Day	Thursday, November 26
Christmas Day	Friday, December 25



**Gracewood Post Office****New Window Hours****M-F 9:00 am-12:00 noon****1:30 pm-4:30 pm****Sat 9:00 am-10:45 am**

**Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!**



**Available  
Now!**

## What's in a Month?

### January is...

National Bath Safety Month	Candy Month	International Quality of Life Month
National Blood Donor Month	National Clean Up Your Computer Month	Mail Order Gardening Month
National Braille Literacy Month	Clinical Trial Awareness Month	National Mentoring Month
National Hobby Month	Family Fit Lifestyle Month	Hot Tea Month
Celebration of Life Month	Glaucoma Awareness Month	Egg Month
National Oatmeal Month	National Gourmet Coffee Month	High-Tech Month
National Soup Month	Poverty in America Awareness Month	Ransom Action Month
Be On-Purpose Month	Image Improvement Month	Reaching Your Potential Month
National Book Blitz Month	International Creativity Month	Senior Women's Travel Month
Bread Machine Baking Month	Personal Self-Defense Awareness Month	Yours, Mine, & Ours Month

### And...

<a href="#"><u>January 1</u></a> New Year's Day	<a href="#"><u>January 9</u></a> Play God Day	<a href="#"><u>January 18</u></a> Thesaurus Day	Healthy Weight Day
<a href="#"><u>January 2</u></a> Run Up the Flagpole and See if Anyone Salutes Day	<a href="#"><u>January 10</u></a> Houseplant Appreciation Day	Winnie the Pooh Day	School Nurses Day
<a href="#"><u>January 3</u></a> Festival of Sleep Day	Peculiar People Day	<a href="#"><u>January 19</u></a> National Popcorn Day	<a href="#"><u>January 26</u></a> Spouse's Day
Fruitcake Toss Day	<a href="#"><u>January 11</u></a> Step in a Puddle and Splash Your Friends Day	<a href="#"><u>January 20</u></a> Penguin Awareness Day	<a href="#"><u>January 27</u></a> Chocolate Cake Day
Humiliation Day	<a href="#"><u>January 12</u></a> Feast of the Fabulous Wild Men Day	Martin Luther King, Jr. Birthday	Punch the Clock Day
<a href="#"><u>January 4</u></a> Trivia Day	National Pharmacist Day	<a href="#"><u>January 21</u></a> National Hugging Day	<a href="#"><u>January 28</u></a> National Kazoo Day
<a href="#"><u>January 5</u></a> National Bird Day	<a href="#"><u>January 13</u></a> International Skeptics Day	Squirrel Appreciation Day	<a href="#"><u>January 29</u></a> National Puzzle Day
<a href="#"><u>January 6</u></a> Epiphany	Make Your Dream Come True Day	<a href="#"><u>January 22</u></a> National Blonde Brownie Day	National Cornchip Day
Bean Day	<a href="#"><u>January 14</u></a> Dress Up Your Pet Day	Answer Your Cat's Questions Day	<a href="#"><u>January 30</u></a> National Inane Answering Message Day
Cuddle Up Day	<a href="#"><u>January 15</u></a> National Hat Day	<a href="#"><u>January 23</u></a> National Pie Day	<a href="#"><u>January 31</u></a> Backward Day
<a href="#"><u>January 7</u></a> Old Rock Day	<a href="#"><u>January 16</u></a> Psychiatric Technician's Day	National Handwriting Day	Inspire Your Heart with Art Day
<a href="#"><u>January 8</u></a> Bubble Bath Day	National Nothing Day	Measure Your Feet Day	
Male Watcher's Day	<a href="#"><u>January 17</u></a> Ditch New Year's Resolutions Day	<a href="#"><u>January 24</u></a> Compliment Day	
Clean Off Your Desk Day	Golf Day	Beer Can Appreciation Day	
Elvis's Birthday		<a href="#"><u>January 25</u></a> Opposite Day	
		Fun at Work Day	



## East Central Regional



DBHDD

Dr. Vicky Spratlin  
Interim Regional Hospital  
Administrator

Dr. Vicky Spratlin  
Clinical Director

Mickie Collins  
Chief Operating Officer

Augusta Campus  
3405 Mike Padgett Highway  
Augusta, Georgia 30906

Gracewood Campus  
100 Myrtle Boulevard  
Gracewood, Georgia 30812

Teresa Crouch  
Publisher

Harold "Skip" Earnest  
Editor/Photographer

### NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is January 8, 2015. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.



### Our Mission

The mission of East Central Regional Hospital is to provide safe, competent and compassionate services to persons with mental illness and/or developmental disabilities.

### Our Vision

The vision of our Facility is to be a center of excellence in the provision of comprehensive, responsive and compassionate care for consumers and their families.

### Our Values

East Central Regional Hospital is caring and therefore, responsive to our consumers, their families, stakeholders and our employees through commitment to our core values:

**I**ntegrity

**C**ommunication & Collaboration

**A**ccountability

**R**ecognition through Relationships

**E**mpowerment through Excellence



Accredited

by

The Joint Commission

### Campus Marquees

Deadline for submission of

### **FEBRUARY MESSAGES**

**January 23, 2015**

Submit information to Skip Earnest

Gracewood Campus

Extension 2102

**(Information must be submitted on or before the indicated date  
to be placed on Marquees for the following month.)**

## **ECRH Jobs List**

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at [www.dbhddjobs.com](http://www.dbhddjobs.com).

[Activity Therapist - Augusta Campus](#)

[Activity Therapy Leader - Gracewood Campus](#)

[Administrative Assistant to Regional Hospital Administrator](#)

[Associate Regional Hospital Administrator - Developmental Disabilities](#)

[Auditing & Policy Specialist](#)

[Behavioral Health Counselor](#)

[Behavioral Health Social Worker \(MSW\) - Redbud](#)

[Clerical Worker - Hourly - Admissions](#)

[Clerk - Part Time - Property Control](#)

[Client Support Worker \(AL\) / Instructor 3 / AMH Mall](#)

[Client Support Worker - Community Integration Home](#)

[Clinical Dietitian](#)

[CNA - Skilled Nursing Facility](#)

[Craftsman Foreman](#)

[DD Campus Supervisor - 2nd & 3rd Shift](#)

[DD Shift Supervisor - Gracewood Campus](#)

[Director of Risk Management](#)

[Facility Safety Officer - Corporal](#)

[Food Service Worker \(WL\)](#)

[General Trades Craftsman](#)

[Groundskeeper](#)

[Health Service Technician 1 - Augusta Mental Health Campus](#)

[Health Service Technician 1 - Gracewood Campus](#)

[Health Services Technician 2 - Gracewood Campus](#)

[Health Services Technician 2 / Lead - Augusta Mental Health Campus](#)

[Housekeeping Director](#)

[Housekeeping Team Leader](#)

[Human Resources Assistant 1](#)

[Human Resources Assistant 2](#)

[HVAC Repair Technician](#)

[Incident Management Technician](#)

[Institutional Locksmith](#)

[Laundry Supervisor](#)

[Laundry Worker](#)

[Laundry Worker \(Part time weekends\)](#)

[Licensed Practical Nurse \(LPN\) - Gracewood Campus](#)

[Licensed Practical Nurse \(LPN\) - Augusta Mental Health Campus](#)

[LPN - Skilled Nursing Facility](#)

[Mechanic](#)

[Nurse Administrator - \(E/N\) Gracewood and Augusta Campus](#)

[Nurse Investigator](#)

[Nurse Manager \(RN\) - Forensics](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational Therapist](#)

[Pharmacist - Advanced Level](#)

[Pharmacy Technician](#)

[Program Assistant - Dietary Services](#)

[Program Assistant - Forensic](#)

[Program Assistant - Safety & Emergency Management](#)

[Program Associate - Dental Services](#)

[Psychiatric Nurse Practitioner - Augusta Mental Health Campus](#)

[Qualified Intellectual Disabilities Professional](#)

[Quality Management Technician](#)

[Regional Hospital Administrator](#)

[Registered Nurse \(RN\) - Augusta Mental Health Campus](#)

[Registered Nurse \(RN\) - Augusta Mental Health Campus](#)

[Registered Nurse \(RN\) - Charge Nurse - Augusta Campus](#)

[Registered Nurse \(RN\) - Charge Nurse - Gracewood Campus](#)

[Registered Nurse \(RN\) - Forensic Mall](#)

[Registered Nurse \(RN\) - Gracewood Campus](#)

[Registered Nurse - Skilled Nursing Facility](#)

[Shift Supervisor - Augusta Mental Health Campus](#)

[Unit Manager - Developmental Disabilities](#)

[Work Instructor 1 - Gracewood Campus](#)

[Work Therapy Instructor 2 - Augusta Campus](#)

# January Menus

<b>SUNDAY</b> <b>1-4-2015</b>	<b>MONDAY</b> <b>1-5-2015</b>	<b>TUESDAY</b> <b>1-6-2015</b>	<b>WEDNESDAY</b> <b>1-7-2015</b>	<b>THURSDAY</b> <b>1-8-2015</b>	<b>FRIDAY</b> <b>1-9-2015</b>	<b>SATURDAY</b> <b>1-10-2015</b>
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak w/Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Pepper Steak Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/SI Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Rissolo Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf w/Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrzzini Carrots Tossed Salad w/Drsg Garlic Bread P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld Cornbread/Marg Fresh Fruit Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea

<b>SUNDAY</b> <b>1-11-2015</b>	<b>MONDAY</b> <b>1-12-2015</b>	<b>TUESDAY</b> <b>1-13-2015</b>	<b>WEDNESDAY</b> <b>1-14-2015</b>	<b>THURSDAY</b> <b>1-15-2015</b>	<b>FRIDAY</b> <b>1-16-2015</b>	<b>SATURDAY</b> <b>1-17-2015</b>
Banana Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Corn Collard Greens Carrot/Raisin Salad Bread/Margarine Peach Slices Iced Tea / 2% Milk	Fried Chicken Au Gratin Potatoes Mixed Vegetables Lettuce/Tomato Sld w/Drsg Wheat Roll/Marg Oatmeal/Raisin Cookies Iced Tea/2% Milk	Roast Pork w/Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Spaghetti w/Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea /2% Milk	Baked Chicken Macaroni/Cheese Seas Turnip Greens Sliced Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk	Roast Beef w/Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun w/Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBQ Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Ham Ndl Casserole Garden Peas Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw P'Butter Cookies Iced Tea

<b>SUNDAY</b> <b>1-18-2015</b>	<b>MONDAY</b> <b>1-19-2015</b>	<b>TUESDAY</b> <b>1-20-2015</b>	<b>WEDNESDAY</b> <b>1-21-2015</b>	<b>THURSDAY</b> <b>1-22-2015</b>	<b>FRIDAY</b> <b>1-23-2015</b>	<b>SATURDAY</b> <b>1-24-2014</b>
Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Bacon Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Oven Browned Potatoes Seas Turnip Greens Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Roll/Margarine Coconut Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk  <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Hamburger Steak w/Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg P'Butter Cookies Iced Tea	Hot Dog/Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/ Margarine Sugar Cookies Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

<b>SUNDAY</b> <b>1-25-2015</b>	<b>MONDAY</b> <b>1-26-2015</b>	<b>TUESDAY</b> <b>1-27-2015</b>	<b>WEDNESDAY</b> <b>1-28-2015</b>	<b>THURSDAY</b> <b>1-29-2015</b>	<b>FRIDAY</b> <b>1-30-2015</b>	<b>SATURDAY</b> <b>1-31-2015</b>
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk <b>**Augusta Campus= Fruit Cocktail</b>	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/ Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll, Bologna, Sliced Cheese Must/Mayonnaise, Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef w/Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea <b>**Augusta Campus = Fruit Cocktail</b>	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea

# Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

## A RECOVERY STORY – Kay Jamison

In her book “An Unquiet Mind”<sup>1</sup>, Kay describes her battle with Bipolar Disorder as a story of the excitement and chaos of the manic highs and the terrifying depressions which brought her to the brink of taking her own life. Though she responded to medication, she had become addicted to the highs of mania and resisted taking it. For years, Kay led a double life as an international authority on Bipolar Disorder and as a full professor in psychiatry at a major academic medical school, while harboring the secret that she suffered the very same illness that she had devoted her career to understanding. Only after the illness had destroyed her first marriage and nearly her own life did she begin to accept the “rather bittersweet exchange of a comfortable and settled present existence for a troubled but intensely lived past”.

Kay’s recovery journey did not begin or end with medication, however. In addition to medication, Kay discovered that psychotherapy helped her deal not only with the struggles of her emotional ups and downs but also the guilt and disappointment of having to take medications related to her illness. She writes of her therapist, “I remember sitting in his office a hundred times during those grim months and each time thinking, ‘What on earth can he say that will make me feel better or keep me alive?’ Well, there never was anything he could say, that’s the funny thing. It was all the stupid, desperately optimistic, condescending things he didn’t say that kept me alive; all the compassion and warmth I felt from him that could not have been said;

all the intelligence, competence, and time he put into it; and his granite belief that mine was a life worth living.” Kay was inspired also by the concern, care, and unconditional love provided by many of her family and friends. In her memoir, Kay declares that chief among those that helped her along the way was her mother. She writes, “Mother, who has an absolute belief that it is not the cards that one is dealt in life, it is how one plays them, is, by far, the highest card I was dealt.” Like most recovery stories, Kay’s story is messy and has many beginnings with no final ending. Yet, there are consistent themes regarding how struggles in the journey can be overcome with the support of others.

## LEARNING POINT

For many years now the brain has been deemed the cause of the “sickness” of moods, and perhaps moods are wrapped up with biology, genetics, and images of the brain from an MRI or PET. Recovery of a life of value and fulfilling relationships, however, is not found solely in a biological intervention such as lithium for Bipolar Disorder. In the memoir “An Unquiet Mind” Dr. Jamison’s life makes it quite evident that recovery requires the courage to play the cards that one is dealt. Moreover, recovery is a journey that is best traveled with family and friends alongside that provide compassion, warmth, time, and “the granite belief that mine was a life worth living.”

By Alex Mabe, Ph.D.

**Reference:**<sup>1</sup> Jamison, K. R. (2009). *An unquiet mind: A memoir of moods and madness*: Random House LLC.